



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Approved National Personal Training Certifications

The following national certifications will qualify employees for the position of "Personal Trainer" for the YMCA of Greater St. Louis: (YUSA approved equivalencies)

Academy of Applied Personal Training Education (AAPTE)

- Certified Personal Trainer/Health Fitness Instructor

American College of Sports Medicine (ACSM)

- Certified Personal Trainer
- Exercise Specialist
- Health/Fitness Specialist *Certified Exercise Physiologist Now*
- Clinical Exercise Specialist
- Clinical Exercise Physiologist
- Inclusive Fitness Trainer
- Cancer Exercise Trainer

American Council on Exercise (ACE)

- Advanced Health and Fitness Specialist
- Personal Trainer

Aerobics & Fitness Association of America (AFAA)

- Personal Training Certification

The Cooper Institute

- Personal Trainer Certification

International Fitness Professionals Association (IFPA)

- Certified Personal Fitness Trainer

National Academy of Sports Medicine (NASM)

- Certified Personal Trainer

National Council for Certified Personal Trainers (NCCPT)

- Certified Personal Trainer

National Council on Strength and Fitness (NCSF)

- National Certified Personal Trainer

National Exercise and Sports Trainers Association (NESTA)

- Certified Personal Fitness Trainer

National Exercise Trainers Association (NETA)

- Certified Personal Trainer

National Federation of Professional Trainers (NFPT)

- Certified Personal Fitness Trainer

National Strength and Conditioning Association (NSCA)

- Certified Personal Trainer

All certifications listed above have been approved through YUSA as equivalencies for Foundations of Strength and Conditioning.

- Certifications must be uploaded into the LCDG system upon hire. ***There is a \$50 upload fee that will be paid by the branch.***

Certifications Upon Hire

For positions that require certification upon hire, this requirement means:

- You cannot hire someone without the appropriate certification for that position
- It is the employees' responsibility to maintain the certification validity for continued employment. This would include continuing education credits, and renewal fees.

Continuing Education Credits (CEC)

Only approved CEC's can be designated for YMCA payment. The Health and Wellness PMT will evaluate CEC's annually and distribute the approved list to the branches.

Staff upon approval from supervisor can participate in courses. Courses can be submitted for CEC's. It is the employees' responsibility to submit any CEC to the related organization to maintain their certification. The YMCA does not pay travel and time at base rate unless the course is deemed mandatory.

Staff Meetings and In-service training

Staff meetings are paid at the regular rate. Based on the agenda, time can be split between rates. Staff meeting topics includes:

- Discussions, problem solving and planning
- Announcements

In-service training and working at special events are paid at the base rate. In-service training includes:

- Educational sessions that reinforce or teach new skills that improve job performance.
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